

What is BTEC Sport?

The BTEC Sport gives the learner the skills and confidence needed to progress to a fulfilling, exciting career in the sport and fitness industry. The course gives a real-life feel of the multi-disciplinary nature of the subject area as learners constantly apply their learning to both themselves, elite performers, coaches and practical situations.

Why students choose this course

If you're thinking of a career in sport and want to develop and apply new skills, coaching techniques and tactics whilst gaining an academic qualification, BTEC Sport is for you.

The course allows students to gain coaching, technical and physical skills whilst ensuring they have the right qualifications for University or employment.

What the course covers

Students can choose to study Sport as a single (1 A-level equivalent) or double (2 A-level equivalent).

Units studied are:

Single Award

Mandatory Units:

- Anatomy and physiology
- Fitness training and programming for health, sport and well-being
- Professional development in the sports industry

Optional Units:*

- Application of Fitness Testing.

Double Award

Mandatory Units:

- All mandatory units studied in Single Award
- Sports Leadership
- Investigating Business in Sport and the Active Leisure Industry
- Skill Acquisition in Sport

Optional Units:*

- Application of Fitness Testing.
- Sports Psychology
- Sports Event Organisation

** Subject to change and chosen by the College*

The complete specification can be viewed on the Pearson website. <https://qualifications.pearson.com>

What students can do with this course

Many students progress onto a university degree or higher apprenticeship in sport therapy, personal training, sports studies, coaching, human movement studies, leisure and recreation courses or train to be physical education teachers.

The qualification carries UCAS points and is recognised by higher education providers as contributing to meeting admission requirements to many relevant courses such as:

- BA (Hons) in Sports Development and Management
- BSc (Hons) Sports Business Management
- BSc (Hons) Sports Science
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology.

Learners should always check the entry requirements for degree programmes with the specific higher education providers.

How this course is assessed

The following units are assessed through external examination:

Unit 1 Anatomy and Physiology

Unit 2 Fitness Training and Programming for Health, Sport and Well-being

Unit 22 Investigating Business in Sport and the Active Leisure Industry

All other units are assessed internally through controlled assessment.

Entry requirements

All our course entry requirements are detailed in the Entry Requirements document located in the admissions section of our website.

Further Reading

BTEC Sport. Pearson BTEC National Sport. Student Book 1. (2016) will provide any potential student with a valuable resource to complement their notes. The books are informative and written in a way that is very accessible to students and includes information on all the units that are covered in the course.

Pearson Revise BTEC National Sport Revision Guide (2016) and Pearson Revise BTEC National Sport Revision Workbook (2016) will also provide valuable revision material for the externally assessed units 1 and 2.

Student Profile:



Before Sixth Form, Hamda was a student at Oasis Academy Lister Park. She studied A Level Business, Chemistry and BTEC Sport and gained grades A, B, D*. She left us to read Business Management at the University of Edinburgh.

“ I chose BTEC Sport because I am passionate about all aspects of the sport industry and really enjoyed the fact that the different units covered so many topics from anatomy and physiology to professional development in the sports industry. I found the Unit 3 content on the sports industry linked well with my Business A Level and gave me a fantastic foundation to go on to study Business management at the University of Edinburgh. ”